

September 2009

# THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

Volume 4, Issue 7

September:

Fruit and Veggies More Matters  
Month

Source: <http://www.cdc.gov/Features/FruitsAndVeggies/>

## Inside this issue:

Helpful FFVP Tips	1
Produce For Kids	1
Fruit and Veggie Videos	2
What's so Great about Beets?	2
Fun Fruit and Veggie Snack Ideas	2
Activity Page	3 & 4

## Helpful FFVP Tips

1. Create catchy names for your menu items such as X-ray carrots
2. Make a theme day and have the food service staff get involved by dressing up for that theme such as "State Fair Day" by wearing overalls and a straw hat
3. Create a bag of supplies for each classroom that could include napkins, wet wipes, trash bags, sanitizer, and utensils.
4. Have classrooms take turns decorating a bulletin board about a particular fruit or vegetable
5. Hang up classroom nutrition education work in the cafeteria
6. Buy prepackaged fruits and vegetables for those extra busy days
7. Remove leaves from cabbage by cutting around the core at the base of the cabbage. Remove the core and grasp each individual cabbage leaf at its base, rather than at the leaf's outer edge. Gently lift the cabbage leaf from the cabbage.
8. Serve snacks on trays to the classrooms, garnish just a few of the fruits or veggies to add a little pizzazz to the tray. Ideas at <http://recipes.howstuffworks.com/how-to-garnish-cooking8.htm>
9. Ripen firm avocados by placing them in a paper bag at room temperature to ripen. Add an apple or banana to the bag to speed the ripening process.
10. Revive wilted greens—Wilted greens and lettuce are often just dried out which can still occur even if the greens remain in constant refrigeration. Cold Water Overnight—Submerge the wilted greens in cold water by placing them in a dish, filling it with water, and putting it in the refrigerator overnight. Greens Revived—This is what these chard greens looked like after 12 hours in the refrigerated water.



Take the Play with your Produce Classroom Challenge. Being a FFVP school, you are in a great position to receive money or

prizes for your school by participating in the Play with your Produce Classroom Challenge. This challenge is for grades K-6.

The basic rules to apply are to create a fun activity for the classroom focused on healthy eating. Be creative, have fun, and teach kids the benefits of healthy eating with fruits and vegetables.

Your entry should include at least one photo, description and any supporting materials (such as a video) to showcase the project that your classroom has developed.

There are specific criteria in which the activity must involve:

- Focus on getting kids to eat more fresh fruits and vegetable
- Feature at least three (3) PFK [sponsor's products](#)
- Involve the entire classroom
- Be original, innovative and creative
- Can be replicated and used in other classrooms/schools

Entries are limited to one per classroom but multiple classrooms from the same school may enter the contest. Entries for the contest must be received between *September 7 – November 13, 2009*

The sponsor's products can be found at the following link:

<http://www.produceforkids.org/teachers/contestSponsors.html>

Source: <http://www.produceforkids.org/teachers/contest.html>



## Fruit and Veggie Videos

When buying fruit, it is important to know how to store and prepare fruits and vegetables. Fruit and Veggies More Matters has created videos to help you prepare and store your fruits and veggies. The videos are short 30 seconds to a minute and a half videos. Watch these videos to get great ideas on how to store and prepare your fruits and vegetables.

The videos range from preparing watermelon, using avocados at lunch, using canned pears in recipes, corn lollipops, and creative ways to use potatoes.

This website has other themes for you to choose from besides how to prepare fruits and vegetables. You can choose your theme which might include

videos on budgeting, grilling, fruit, nuts, veggies, healthy lunch box, and picnics.

You will be able to pick your specific fruit or vegetable. When you choose a fruit or vegetable, you will be able to pick which video you would like to watch such as preparation, selection, and storage. Under preparation, selection, and storage, there will be several different quick videos to help you with your fresh fruit and vegetable program.

Check out this great website at the link below.

<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=43&SuperSubID=43>



## What's So Great about Beets?

Beets are an excellent source of folate, potassium, vitamin C, and fiber and are low in calories. As a vegetable, beets are fat and cholesterol free. They have a sweet flavor and are most often sold in cans or jars, but they are also available fresh. They are inexpensive and great cold or hot. Beets go well with meats, in soups, and other vegetables.

They are available all year long which might make it a great winter vegetable to eat.



Here are some materials which you can use for your fresh fruit and vegetable program. Make it beet week at your school!

Check out the information below:



[Beet Flyer](#)

[Beet Newsletter](#)

[Beet Recipe](#)

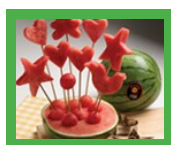
[Beet Bookmarks](#)

[Beet Brochure](#)

[Beet Cross Word Puzzle](#)



### PUREHEART FUN BITES



- 1 Dulcinea® PureHeart® mini seedless watermelon
- One dozen wooden Popsicle sticks
- An assortment of fun cookie cutter shapes and sizes

**Directions:** 1. Using fun cookie cutter shapes (hearts, letters, dinosaurs, etc) – let your child make their own creative cut-outs. 2. Cut a 1/2" section of PureHeart mini watermelon for them to press 2 or 3 cookie cutters into each piece. 3. Remove watermelon cut-out from cookie cutter. 4. Place Popsicle sticks in the bottom of the cut-out, so they can eat and enjoy.

<http://www.produceforkids.org/parents/recipes.html>

### PEARS IN A POD



- 4 stalks of celery, cleaned and cut into 3-inch long pieces
- 3/4 cup reduced-fat creamy peanut butter
- 2 Stemilt pears, cored and cut into chunks

**Spread** the peanut butter in the center of each celery piece. **Place** the pear chunks on top of the peanut butter. **Serve** on a plate and enjoy with your friends. Serves: 4 Preparation Time: 5 minutes

<http://www.produceforkids.org/parents/recipes.html>



Name: \_\_\_\_\_

## Fantastic Fruits

Unscramble the words below to  
form names of fruits.

Then use the numbered letters to  
form the secret message!

1. paeftuiga: \_\_\_\_\_  
1 4

2. trcapoi: \_\_\_\_\_  
3 2

3. rrstwieeabrs: \_\_\_\_\_  
5 13

4. dwehoyeh: \_\_\_\_\_  
6

5. leeipnpa: \_\_\_\_\_  
11 7

6. wiki uiftr: \_\_\_\_\_  
8

7. lmpu: \_\_\_\_\_  
10

8. nnregtaei: \_\_\_\_\_  
12 9



Secret Message:

\_\_\_\_\_!  
1 2 3 4 5 6 7 8 9 10 11 12 13



Name: \_\_\_\_\_

## Veggie Power!

Unscramble the words below to form names of vegetables. Then use the numbered letters to form the secret message!

1. vyan aebns: \_\_\_\_\_  
1

2. cladorlo nseegr: \_\_\_\_\_  
2 11 15

3. tsrocar: \_\_\_\_\_  
3 8

4. ceyelr: \_\_\_\_\_  
10 4

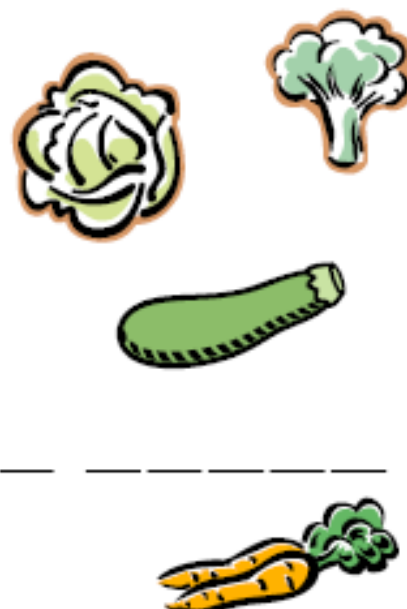
5. kbo yhoc: \_\_\_\_\_  
5

6. ccrblioo: \_\_\_\_\_  
6 13

7. chuczni: \_\_\_\_\_  
7

8. eebtleaga ciuej: \_\_\_\_\_  
9 12

9. tetlcue: \_\_\_\_\_  
14



Secret Message:

\_\_\_\_\_ !  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15